Effect of Isha Yoga on Menstrual Disorders

Introduction

75% of women experience problems associated with menstruation in their reproductive age which has a huge impact on the physical, psychological, social and economical aspects of their life. Currently, Yoga has become very popular as one of the many alternative treatments for many disorders. Yoga research studies have mainly focused on Premenstrual syndrome. This study attempts to assess the effect of Isha Yoga on various menstrual disorders.

Materials and Methods

A survey was conducted through a questionnaire sent by email to 200 randomly selected female practitioners of Isha Yoga of age group 14 to 55 years from U.S.A, U.K, Singapore, Malaysia and Lebanon. They have been practicing for a minimum of 6 months period. 128 (64%) responded to the questionnaire.

Isha Yoga designed by Sadhguru offers a simple, yet effective 21 minute Yoga practice (Shambhavi Maha Mudra) which is done in a convenient, sitting posture. 72% of the respondents practiced Isha Yoga everyday.

CONCLUSIONS

The survey measured the following parameters before and after the practice of Isha Yoga:

1) Dysmenorrhea
2) Symptoms of Premenstrual Syndrome
3) Headache of Menstrual flow
4) Irregularity of Menstrual cycle
5) Need for medical or surgical intervention for Menstrual Disorders
6) Impairment of work during Menstrual period

RESULTS

<table>
<thead>
<tr>
<th>Menstrual flow</th>
<th>Irregularity of Menstrual cycle</th>
<th>Need for medical or surgical interventions</th>
<th>Impairment of work</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Before Isha Yoga Practice</td>
<td>Mean After Isha Yoga Practice</td>
<td>Difference</td>
<td>Z test</td>
</tr>
<tr>
<td>2.13</td>
<td>1.94</td>
<td>0.29</td>
<td>3.95</td>
</tr>
</tbody>
</table>

Discussion

Currently, hormonal and non hormonal treatments are the main medical treatments for menstrual disorders, but all surgical interventions are done.

Medical treatment gives satisfactory relief from symptoms. Though the surgical intervention offers satisfaction in terms of symptom relief, there are risks involved in major surgery; patients have to continue replacement therapy and in addition undergo psychological impact of removal of organs.

Studies done on the effect of Yoga on PMS and Dysmenorrhea have shown a significant improvement in these symptoms. Yoga practices are advantageous as they can be offered to people on a large scale; there are free of side effects, empower the patients and are cost effective.

Conclusion

The study shows that Isha Yoga appear to be effective in improving symptoms of the various menstrual disorders. It can be considered as an adjust therapy for menstrual disorders given the improved symptoms in all the parameters. However, further studies will have to be conducted to ascertain the mechanism of action of Isha Yoga on menstrual disorders.